

DEPARTMENT OF PHYSICAL EDUCATION
UNITED STATES MILITARY ACADEMY
WEST POINT, NEW YORK

**INTRAMURAL
BOXING
AY 01-02**

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Intramural Boxing - Basic Guidelines

Team Strength

- A. Minimum 7, Maximum 11 (No more than 2 at the same weight).
- B. Additional Boxers may be added during the season to keep team rosters filled. These boxers must meet all the eligibility and screening requirements outlined below.
- C. Coaches are responsible for maintaining team strength and informing CICs and DPE monitors of any discrepancies.

Weight Classes -There are 5 weight classes: 145, 160, 175, 190, Heavyweight. Boxers may not exceed the weight for the class and must weigh within ten pounds of the maximum allowable weight for each weight class (i.e./ a boxer boxing at 145 pounds must weigh between 135 and 145 pounds, inclusive).

Eligibility

- A. Ineligible.
 - 1. Fourth class cadets.
 - 2. Cadets who have not completed 4th Class Boxing (i.e. received at least a C grade).
 - 3. Brigade Open Boxing Champions and Open/experienced boxers (if in doubt, check with the DPE Director of Boxing).
 - 4. Injured cadets that have not been CLEARED by the DPE trainers.
 - 5. National Collegiate Boxing Association (NCBA) All Americans.
 - 6. Women cadets.
- B. Eligible.
 - 1. Upper class cadets that have:
 - a) completed 4th Class Boxing with at least a “C”
 - b) not won the BDE Boxing Open
 - c) not been designated as a NCBA All-American
 - 2. Novice boxers as determined by the DPE Director for boxing
 - 3. Coaches are allowed to box and coach. The team must identify an assistant coach if the coach boxes.

Coaches and Officials

- A. Underclass cadets that are ineligible to box in intramurals (BDE Open Champs, NCBA All-Americans, and Open Amateur experience) may serve as the head coach or as officials (referees/judges/timekeepers). These cadets will receive intramural credit.

- B. Women cadets that have completed 4th Class Boxing and are on the Cadet Boxing Club, may serve in the capacity of Boxing Coach or as a boxing official (referee/judge/timekeeper).
- C. The Director of Fourth Class Boxing will certify all IM Boxing officials.

Participation

- A. Each cadet must box in at least two of the scheduled record contests to receive IM credit for boxing.
- B. **Sparring:** No cadet will spar until they have completed the Medical Screening form and have been cleared by the DPE trainers to spar.
- C. **Boxing in a Record of Contest:** No cadet can box in their first record of contest until they have:
 - 1. been medically screened by the DPE trainers (B above)
 - 2. sparred a minimum of 2 (1) minute rounds under the supervision of a DPE boxing monitor and DPE trainer prior to the record of contest
 - 3. been checked off on a roster maintained by the DPE trainer as being medically screened and having completed sparring.

Weigh In - After 1000 hrs and before 1610 on day of the bout. Steam Room will not be used on the day of the bout.

Uniform - Gym A with company shirts for all practices and contests. Predominately white court shoes or boxing/wrestling shoes will be the footwear (**no running shoes allowed**). Headgear, protective cups, and gloves will be provided for sparring and for record of contest bouts.
Cadets must have hand-wraps and pre-molded mouthpieces.

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INTRAMURAL PROGRAM

SAFETY. Safety is everyone's business. Executing a competitive but SAFE IM Boxing program is our goal.

A. Responsibilities

1. Intramural Officer

The Intramural Officer will have overall responsibility for the Intramural Boxing Program. He is specifically responsible for:

a. Insuring that all Cadets-in-Charge and coaches of intramural teams are provided copies of this document, and that they understand its contents.

b. Insuring that each Cadet-in-Charge of boxing, the coaches and officials have received and are familiar with the specific instructions presented in the DPE Intramural Boxing Manual.

c. Insuring that each Cadet-in-Charge distributes and obtains the completed injury screening forms (Appendix A, Form 4) prior to any bouts that take place in intramural competition.

d. Insuring that DPE instructors assigned as Sport Educators are aware of their particular responsibilities as well as those of the Cadets-in-charge and other individuals in the intramural boxing program.

e. Insuring that instructors and Cadets-in-Charge understand that no bouts or contact sparring will be practiced without the presence of a DPE Sport Educators.

2. Sport Educators

Sport Educators are in a teaching and mentoring role for the CICs, coaches, and officials. Sport Educators have oversight over the overall program; however, it is a cadet-run program. Sport Educators lend their expertise and professionalism (safety) to the program. Sport Educators have specific responsibility for all boxing activity taking place in their assigned area during the time they are assigned as monitors. They are specifically responsible for:

a. Insuring that Cadets-in-Charge and coaches are conducting training and have training plans present in accordance with the procedures outlined in the boxing manual. The cadets are responsible to run the program.

b. Insuring that they closely monitor every training and record bout to insure that proper safety procedures are being followed. They will intervene and stop bouts as necessary using the same criteria of this document.

c. Checking to insure that pairings for sparring are made in accordance with the weights and ability of boxers. NOTE: CICs and Coaches are responsible for insuring that weight mismatches do not occur in practice as well as during competition.

d. Reporting to the Head of Competitive Sports any individual who attempts to pressure, influence or even criticize cadet referees or Sport Educators during the progress of any record or practice competition.

e. Checking with the Cadets-in-Charge, coaches and DPE trainers after practices to determine if there have been any injuries that day.

f. Insuring that coaches are checking equipment prior to practices and record bouts, to include, as a minimum, gloves, headgear, mouthpieces, protective cups and handwraps.

g. Carefully observe ROC to ensure boxers do not take any unnecessary punishment that jeopardizes a boxers safety.

h. Work with DPE trainers to check cadet boxers before and/or after a record of contest and practice spar session

i. Checking to insure that the boxing area has been policed and is free of obstructions.

3. Cadets-in-Charge (CIC)

CIC's have the overall responsibility for the safe and efficient conduct of all practices, record bouts and playoffs. They act as the liaison between coaches and the DPE Sport Educators. Specifically the CIC's are responsible for:

a. Monitoring, recording and reporting accountability. CIC's will ensure companies have the required number of boxers and are following eligibility rules. Coaches will submit attendance reports to CIC's who will spot check and forward to the RAO.

b. Ensuring all cadets complete an injury screening form (App B) prior to making any contact with fellow boxers.

c. Ensuring that all cadets have a minimum of one sparring session (2 60 second rounds) prior to their first record bout. The date of this sparring session must be recorded by the DPE trainer.

d. Inventory and account for all boxing equipment in each of the boxing rooms.

e. Monitor schedule for all practices and record contests.

f. Appoint a "clean-up company" and monitor the cleaning of the boxing rooms after practice.

4. Coaches

Coaches have the responsibility to insure that they follow the procedures outlined in the Intramural Boxing Manual. They are also responsible for the following:

- a. Insuring that every cadet on their team has successfully completed 4th class boxing with a grade of “C” or better.
- b. Insuring that no member of the team is forced by fear or unit pressure to box.
- c. Screening members of their teams for injuries or medical problems in accordance with the guidelines provided by the Boxing Course Director or intramural monitors. (Form 4, Appendix A, depicts the IM screening form to be used by coaches).
- d. Insuring that their teams understand that **no boxing or sparring takes place outside of the ring**, without protective equipment (headgear etc) or without the presence of a DPE instructor monitor.
- e. Insuring that all injuries sustained in Intramural Boxing are reported to the DPE Athletic Trainer immediately.
- f. Checking their team members on a daily basis before and after practice and record bouts to insure that no medical problems exist, and that cadets are physically capable of participating in the activity.
- g. Reporting to the CIC, DPE Sport Educator and DPE trainers all injuries or medical problems that surface at any time prior to, during, or after record bouts or practice.
- h. Maintaining the practice area free of obstructions and movable objects that might cause boxers to trip or be hurt.
- i. Checking equipment prior to bouts for serviceability and fit. Headgear must be worn, straps in place, and properly fitted. Gloves must be well padded, free of compressed spots, and serviceable. Cups, handwraps, mouthpieces, proper shoes must be worn. Sport Educators will be informed of any gloves that are of questionable serviceability.
- j. Ensuring all boxers:
 - 1) fill out their medical screening form and are cleared by a DPE trainer prior to sparring
 - 2) spar at least 2 60 second rounds prior to participating in a ROC
 - 3) have made weight prior to boxing a ROC.
- k. Pick-up and return boxing gear from the DPE supply room on the day of a ROC.

5. Assistant Coaches. Duties are as follows:

- a. Assist the head coach with all aspects of their duties.

b. Focus primarily on skills, drills, technique-work, and general ring knowledge. Ensure that practices are conducted IAW the training plan designed for that day.

c. Assist in the understanding of NCBA (USA Boxing) and IM boxing rules.

5. Referees

The referee is the key to safety in the boxing ring. They are the closest to the action and will most likely be able to perceive quickly if a boxer is hurt. The referee will adhere to all of the items listed in “Rule 10” of the Intramural Boxing Manual, plus notes for referees. It must be emphasized that the rules are outlined are absolute. In no way will referees allow cadets to deviate from these rules. Referees should be cadets who are ineligible to box in intramurals due to their experience level and can be underclassmen. Underclassmen that serve as referees will receive IM credit. All referees will be trained and certified by the Director of Fourth Class Boxing. Referees will adhere to the following:

a. The referee will stop the bout at any time he feels that a boxer can no longer adequately defend himself. The boxer does not have to be knocked down for the referee to stop the match. It is strictly a judgment factor and the referee may stop the match at any time. Referees are encouraged to seek assistance from the DPE trainers and DPE Sport educators at ringside when determining if a ROC should be stopped.

b. The referee will ask for advice from the DPE Sport Educator if there is a question concerning any aspect of a ROC that may affect the safety of the participants.

6. DPE Head Trainer. The DPE Head Trainer will insure that:

- A. a DPE trainer is present with training bag in one of the boxing rooms during boxing intramurals.
- B. A DPE trainer is at ringside during the Brigade Open.
- C. Medical screening forms are complete and on file for all cadets competing in IM boxing.
- D. Injured cadets are properly screened before being permitted to return to IM boxing. This is especially important for boxers that have had head injuries.
- E. Records of injuries are maintained.
- F. Cadets are cleared to box by maintaining the medical screening form and recording the date that the cadet sparred 2 60second rounds.
- G. Medical safety procedures are adhered to: referees and coaches wear rubber gloves, medically contaminated items are properly disposed of, body fluids are properly cleaned-up from the ring using bleach solution
- H. Cadet Boxers are checked by a DPE trainer or Sport educator before and after a ROC.
- I. DPE Athletic Trainers provide support to the program. In this capacity, they may advise that a bout be halted, but the sport educator ultimately makes this

decision. The Sport Educators and the Trainers need to work hand-in-hand in this regard.

B. Procedures

1. Prior to Intramurals

- a. The Intramural Officer will, prior to the beginning of boxing practice, insure that all cadets-in-charge, coaches and referees are fully briefed on the content of this document and insure that all members of that group have copies. The Intramural Officer will also explain in detail the reasons that these precautions are being taken.
- b. The Intramural Officer and/or his Sport Educators will amplify instructions to cadets in regard to the composition of teams and the injury screening process. CICs that feel they may have difficulty “filling” a team because of restrictions in the qualification process will discuss their particular problems directly with the Director of Intramurals.
- c. Records of attendance at initial organizational and referee clinic meeting will be kept by the CIC and provided to the Sport educators to insure that all individuals involved with the program are being properly briefed and trained.

2. During Intramurals

- a. Conditioning and practice bouts (sparring) will take place during the normal intramural scheduling periods in accordance with he/the procedures outlined in the Boxing Manual. Intramural sport educators, DPE trainers, coaches and CICs will be especially alert to safety procedures.
- b. Once competition begins, all safety procedures will be re-emphasized.
- c. During record bouts, the referees may feel pressure or become the targets of fans supporting their team. Sport Educators and referees will be sensitive to the conduct of the bouts and disregard the influence of team supporters. CICs are responsible for quelling adverse cadet actions in the stands. DPE Athletic Trainers provide support to the program. They may advise that a bout be halted but the sport educator ultimately makes this decision. The Sport Educators and the Trainers need to work hand-in-hand in this regard.

IV SAFETY - FIRST AID

In the event that someone is injured, emergency first aid will be administered by the most knowledgeable individual present.

V. SUMMARY

The responsibilities and procedures outlined in this manual are designed to conduct a successful, competitive and safe boxing program at West Point. The written procedures available are designed to eliminate as much real danger from the sport as possible. These procedures were developed, for the most part, by instructors and other individuals who teach and coach boxing at West Point.

Adherence to the procedures in this manual will insure a safe boxing program at West Point. Suggestions for improvement of this document are solicited - forward recommendations to the Director of Boxing at USMA.

INTRAMURAL BOXING

Bankers Trophy Points

1. Bankers Trophy points will be awarded according to company standings in team competition.

Team Competition

1. Team competition will be conducted within each regiment. Each company will field a team of five boxers in the following weight classes, 145, 160, 175, 190, and heavyweight, for each match.
2. Each company will meet at least four other companies in their own regiment to determine the regimental champion. Regimental champions will compete in a single elimination tournament to determine the Brigade Champion.

Brigade Open

1. The Brigade Open will begin at the conclusion of the team competition.
2. BDE OPN weight classes are: 119, 125, 132, 139, 147, 156, 165, 175, 185, 195 and Heavyweight.
3. This tournament is open to all cadets that have successfully completed 4th Class Boxing.
4. Rounds: Preliminary bouts—3, 90 second rounds. Finals---3, 2 minute rounds.

Scoring

All bouts in both tournaments will be conducted under NCBA and USA Boxing rules. The winner of each round receiving 20 points and the loser less than 20. There will be no draw contests. (See Appendix A.)

The Job of a Boxing Coach

The prime responsibility of a boxing coach is that he is absolutely sure that each of his men is physically sound and able to participate in boxing without fear of endangering his physical well being.

Secondly, he is responsible to see that he does everything possible to get his men in as good a physical condition as possible. In order to function safely and effectively in boxing, it is imperative that a man is in top physical shape.

The road to good physical condition for boxing is not an easy one. The average person, especially an inexperienced one, is not capable of working himself hard enough to obtain the level of condition he needs. A coach must be able to demand and get that work from his charges.

Handwrapping

Be sure that each of your boxers knows how and correctly wraps his hands before each workout. The reason for wrapping hands is principally to protect the bones in the back of the hand. The wrap should be put on snugly but should not bind the hand. The most important part of the wrap is the crosses over the back of the hand. On a properly wrapped hand, the bandage will stay in place even after gloves have been changed during the workout. Be sure to check your boxers' wraps every few days. The activities that should be included in a workout program are running, shadow boxing, sparring, rope skipping, heavy bag and calisthenics.

Roadwork

Running is the most indispensable activity in the program. If time permitted only one activity, running should be the one selected. It should be done in a spring, jog, walk fashion rather than a steady pace. In boxing the pace is seldom steady, but one in which there are periods of relative inactivity and others of furious activity; hence, the advisability of the change of pace in roadwork.

Shadow Boxing

If done properly shadow boxing is an excellent developer of good form and a good conditioner. The men must be prodded to put out to the fullest the entire time he is shadowboxing. Working in front of a mirror is excellent help toward developing good form.

Sparring

Sparring is very important, of course, but should not be continued for too long on a particular day. The usual length of a sparring session should be two or three rounds of the same duration as matches. Occasionally, the sessions may be extended to four rounds, but never more. There should always be a plan for a sparring session, something a man is to especially work out for that day; never spar just to be sparring. Be sure men wear headgear and grease their faces when sparring. Sparring is usually done early in the workout when men are fresh enough to try new skills and work on new combinations.

Jumping Rope

Jumping rope is not a substitute for roadwork; it is more designed to improve coordination and agility. It should be done continuously and broken into period of fast and slow (i.e. 45 seconds easy, 15 seconds hard) times 5 minutes. It is especially valuable for those men who find it hard to learn to skip rope; they are the people who need the coordination and agility it develops.

Heavy Bag

The heavy bag is one of the most valuable pieces of equipment to use in your workouts. It not only helps develop power and improve form but also is an excellent conditioner. It may be punched while being held by a coach to work on a particular punch or combination of punches, or may be boxed as you would an opponent. When working on the heavy bag, one should hit bag when it is coming toward you, but has not yet reached the vertical position. The hands should be carefully wrapped when punching the heavy bag. The heavy bag should not be used during the last few days before a bout, since it does have a tendency to slow down arm speed. Coaches must carefully look at the boxers' hands to ensure that they are not injuring their hands and knuckles due to excessive bag-work.

Calisthenics

The calisthenics to be stressed in boxing training are stomach work and neck work. Sit-ups or curls are the best stomach exercises for the upper abdominals, and leg raising exercises for the best for the lower abdominals. The best neck exercises are partner-resisted lateral and vertical neck flexions. Push-ups are an excellent way to improve punch strength. Calisthenics should be included in each day's workout. Coaches are encouraged to look at Coaching Olympic Style Boxing by the United States Olympic Training Center for skills, drills, and example workouts.

Average Day's Workout

- 5 minutes of loosening up
- 2 rounds of shadow boxing.
- 2 rounds of sparring.
- 2 four rounds heavy bag.

2 rounds rope skipping.
Calisthenics.
Roadwork - 2 - 3 miles - (Spring - Jog - Walk)

BOXING TRAINING NOTES

1. Always wrap hands carefully.
2. Loosen up well before and after workouts.
3. Do not work to the point of excessive fatigue.
4. Make workouts short and spirited.
5. Work according to timed rounds.
6. About 10-12 rounds of work is sufficient.
7. Spar with a purpose - not just to be working.
8. Supervise sparring closely.
9. Use large gloves for sparring (16 oz.)
10. Include stomach exercises in every workout.
11. Shadow box for form - think while shadow boxing.
12. Do not sit down during workout - keep moving.
13. Wear headgear while sparring.
14. Use grease on face during sparring drills.
15. On heavy bag wear bag gloves and work on series punching.
16. Do not lose weight unnaturally to box in a lower weight.
17. Avoid excessive drying out.
18. Do not use the "sweat box."
19. Do roadwork frequently- use intervals and fartlek-style runs.
20. If you have time for just one thing in a workout - run.

21. Keep regular habits of sleeping, eating, and exercising.
22. Never disregard any injury - no matter how slight.
23. Keep all workout clothing clean and sanitary.
24. Spar with smaller men for speed - spar with bigger men for power (no more than two weight-class difference).
25. **STAY RELAXED AT ALL TIMES.**

POINTS TO BE STRESSED IN TEACHING BOXING SKILLS

1. Stance.

- a. Relaxed.
- b. Feet spread to side as well as back and forth.
- c. Knees flexed slightly.
- e. Hips and shoulders parallel to the ground.
- f. Body bent forward slightly at waist
- g. Non-dominant hip and shoulder forward.
- h. Chin down on breast bone.
- i. Look out of top of eyes.
- j. Lead hand held high, level with your eye.
- k. Rear hand held in, level with chin.
- l. Elbows held in to the sides.

2. Footwork.

- a. Move foot closest to the direction in which you want to move first.
- b. Shuffle rather than jump.
- c. Circle away from your opponent's power, or rear hand.
- d. Work on moving in and out constantly.
- e. A moving target is not easily hit.
- f. Move in every time you punch.
- g. Never cross feet.
- h. Feet never closer together than they are when you take stance.

3. Jab.

- a. Speed and form are the most important considerations.
- b. Complete extension of arm; elbow in—like a hinge.
- c. Twist of body-pivot.
- d. Palm down.
- e. Step simultaneously with extension of arm.
- f. Fist doubled up tight.
- g. A definite blow - not a flick.
- h. Rear hand held in; don't drop your hand.
- i. Most important blow.
- j. Bring back to position quickly.

4. Defense for jab. **The first defense for all blows is a good, tight on-guard stance!!**

- a. Block right hand blows with left hand and left hand blows with right.

Defensive for jab, (continued).

- b. “Catch” - as jab is coming toward face, simply open corresponding hand and catch the blow a very short distance from face.

- (1) Move into the blow slightly to keep it from pushing back into your face.
- (2) Do not alter the stance by bringing your shoulder out.
- (3) Block inside the left hand.

- c. Parry - as blow approached the face, corresponding hand opens and flicks the oncoming blow to the inside with a wrist motion.

- (1) Do not alter stance.
- (2) Block very close to face do not reach for blow.

5. Cross.

- a. Complete pivot of body first.
- b. Hand stays in front of shoulder until it lands.
- c. Palm down.
- d. Punch through the target - not just to it.
- e. Usually most effective after a jab lead.
- f. Power is based in hip and shoulder.
- g. Lead hand (jab hand) comes back to face for protection; don't drop hands!!

6. Defense for cross.

- a. Inside parry easiest defense.

(1) Same as for the jab—same side defense: his left w/ your right; his right with your left.

- (2) Keep other hand up to defend against follow-on blows or to counter-punch with.

7. Hook.

- a. Most difficult blow to throw correctly.
- b. A close range blow.
- c. Usually most effective in series.
- d. Arm remains bent throughout the blow.
- e. Palm is held outwards or down.
- f. Arm is whipped in an arc around body.
- g. Shoulder slightly precedes the arm around.
- h. Weight transfers to rear leg.
- i. Other hand held high to protect face.
- j. Avoid locking the “hooking” arm; remember, it is a bent-arm punch.

- l. Be sure straight punches are mastered before hook is attempted!
- m. At this level, you can win by throwing straight, crisp punches.**

8. Defense for Hook.

- a. Step in to the punch and “smother” it by getting close to your opponent. Step into the punch, and let it fall harmlessly over your shoulders.
- b. Bob and weave.
 - (1) Slip the punch by bending the knees and rolling with the punch. Continue to duck, and allow the punch to travel over your head.
 - (2) Once you have “Ducked” the punch, reverse the direction of the “bob,” weave back into an upright position and immediately counter to your opponent’s open side.

Body Blows

9. Straight Jab to the Body.

- a. Not a damaging blow.
- b. Best used to open up an opponent.
- c. Bend at the knees, not at the waist.
- d. Punch is thrown straight out from the shoulder.

10. Cross to the Body.

- a. Very damaging counter for the left lead.
- b. Excellent weapon against a “jabber”.
- c. Easy blow to learn.
- d. Throw just like a cross to the head, but drop down to the body level.
- e. Keep lead hand high.
- f. Step forward.
- g. Drive blow under the heart.
- h. Keep hand in front of shoulder.

11. Hook to Body.

- a. Dangerous blow to deliver.
- b. Unwise to teach to novices.
- c. Force of the blow should be across and up.
- d. Excellent and damaging counter for the advanced boxer against an opposite-handed opponent’s jab.
- e. Extreme care must be taken not to telegraph the blow.

12. Defense for Body Blows.

- a. Elbow Block.
 - (1) Bring right elbow in front of left hand blows and vice versa for right hand blows.
 - (2) Keep elbow in against body.
 - (3) Keep opposite hand in position.

- b. “Brush away” - best defense for body blows.
 - (1) Use right to block lefts and vice versa.
 - (2) Keep elbow in place and drop hand down over an oncoming blow.
 - (3) Blow is knocked down and out.
 - (4) Oncoming blow may be deflected anywhere on the forearm
 - (5) Use open hand for all blocking.

13. General Rules for Punching.

- a. Snap punches, do not push them.
- b. Punch through your target, not just to it.
- c. Return your hands to their original position after throwing a blow.
- d. Step in each time you punch.
- e. Straight blows will ordinarily beat hooks to the punch.
- f. Concentrate on straight punches until you have them mastered before going on to hooks.
- g. As one hand lands, other hand must be on your chin.

14. General Rules for Defense.

- a. Block as close to you as possible.
- b. Use open hand to increase blocking surface.
- c. Meet force with force.
- d. Do not reach for punches.
- e. Make blocking incidental - do not take a blocking stance.

15. Some combination blows: Jab=1, Cross=2, Lead-hand hook=3, Rear-hand uppercut=4, Lead-hand uppercut=5.

- a. 1-1, 1-1-1
- b. 1-2-1, 1-1-2-1,
- c. 1-2-3, 1-2-3-2-1
- d. 1-2-3-4-1, 1-2-3-4-5-2-1

PREPARATION FOR BOUTS

In preparing your boxers for a coming bout, be sure to get your men in the best physical condition, but cut down on their strenuous work about two days before the bout. Two days before the bout, they should work about 8 - 10 fast rounds with no heavy sparring or heavy bag punching. The day before the bout very little or loosening up type workout may be used, or no work at all need be done.

You should try to find out as much as you can about the opponents your men are about to meet, and try to work on special techniques or plans of attack that might prove especially effective against the coming opponents. Your discussion of opponents with your men should tend to inspire confidence and not unduly alarm them.

Pre-fight food consumption should be limited to carbohydrates and liquids. Avoid greasy and fatty foods as they slow digestion. Ordinarily, a meal is completely digested and out of the stomach in four hours, but the usual tension before a bout tends to slow down this process, so the pre-bout meal should not be overly large. Foregoing the noon meal would not be a good idea because there may be some weakness if a man were to go all day without food.

It is a very important part a good coach's job to see that his men are psychologically set for their bouts. This job is one that must be adapted to each individual's particular makeup. A coach must do all he can to learn his boxers' makeup and approach that will most effectively help them to best realize their potential. Some men will need to be pushed hard and others need to be deflated a little to combat overconfidence or complacency. It is up to the coach to determine which approach is called for with a particular man. Get to know your men as well as you can.

THE BOUT

On the afternoon of the bout there is a definite routine that a coach should set up for his boxers.

1. Be sure your boxers are present in the gym well before the scheduled time of the bouts.
2. Have men obtain their equipment, and be sure of correct fit.
3. Have men dress and be sure that their hands are correctly wrapped. (It is a good idea for the coach to wrap their hands.)
4. Put on gloves and adjust the headgear for correct fit. Be sure he has his mouthpiece.
5. Apply a coating of grease to the face, particularly the nose, lips, cheekbones and over the eyes.
6. Have the men warm up well at least two rounds. If the boxer is boxing after the first bout, have him begin his warm-up at the beginning of the bout before his.
7. Have the boxer immediately outside his corner when the bout before him ends.
8. Have the boxer enter the ring as soon as the corner is free.
9. Make a last minute check of his equipment and put his mouthpiece in place.
10. Give a last word of encouragement or advice.

BETWEEN ROUNDS

Seconding

The prime reason for seconds is to refresh the boxer between rounds. He should feel better after the rest period than before. The routine that should be followed is:

1. Have a stool ready for him when he returns to the corner.
2. Have him sit erect with his feet flat on the floor and his lower leg at a 90-degree angle from the floor. His hands should be on his lap.
3. Take the mouthpiece from and put water over it to clean it off.
4. Have him take about three deeps breaths to more or less slow him down, since he will be quite excited when he sits down. It will assist him in relaxing.

5. Clean off his face with a damp towel, but be sure to wipe it dry again.
6. Replace a coating of Vaseline over his face.
7. Give your boxer three things to work on; anything else he'll most likely not remember. Remember, your boxer will be "hyped up;" your job is to calm him down and help him win!
8. At the ten second replace the mouthpiece.
9. Remove the stool at the bell and help lift your boxer from the stool.

The routine of seconding should be practiced beforehand. Not more than two men should be used. One man's job should be taking care of the mouthpiece, towel and the grease. The second man should be used to handle the stool, water bucket, etc.

COACHING BETWEEN ROUNDS

A man cannot be taught to box in the one minute rest period. The best a coach can hope to accomplish during this brief interval is to help this man to recall and perform skills he has previously learned. One man should do the talking between rounds. He should stress one or two items that will help to improve the boxer's performance, and he should repeat the advice two or three times in order to get it across to his man, the last time just as the bell rings.

BOUT STRATEGY

Be prepared to box at full speed for the entire three rounds. Be warmed up well, start fast, and try to get in the first punch.

Against sluggers

1. Rely principally on straight punches.
2. Move constantly.
3. Attack suddenly.
4. Don't slug with him.

Against a jabber or tall opponent

1. Move inside the jab.
2. Once inside keep punching.
3. Make extensive use of the right hook over the jab and the straight right to the body.
4. Keep pressure on him.

Against an Opposite-handed Opponent

1. Move away from his rear, or power, hand.
2. Best weapon is a cross.
3. Do not fight his way - if he wants you to lead, wait; if he wants to lead, go to him.
4. A lead-hand hook may be a good weapon, but a jab is generally of not much value, use a double jab.
5. Keep your lead high nullify his jab hand.

Against a counter-puncher

1. Do not lead with single punches.
2. Try to make him lead.
3. Punch in series and then get out.
4. Attack suddenly.

Against a man who boxes from a crouch

1. He'll probably throw mostly hooks.
2. Move constantly.
3. Step in with straight one-twos.
4. Hold your hands relatively wide apart.

DUTIES OF CIC

I. GENERAL

- A. Keep the list of coaches and official current. All changes should be given to the Officer monitor.
- B. Check team rosters for eligibility of boxers. **There will be NO waivers.**
- C. Receive a tentative team list from the coach prior to the first scheduled practice. Prior to the first record contest receive “Intramural Record of Participation” forms from the coaches. Insure that coaches keep participation forms current after all record bouts. Ensure that the “Intramural Record of Participation” are returned to CIC after each record contest.
- D. Be completely knowledgeable of all aspects of the “Intramural Boxing Manual” with a thorough knowledge of the rules section.
- E. Monitor the system used by the head referee in selecting officials for record contests. Referees should be classified by the CIC and the head referee as satisfactory and unsatisfactory. Additional instruction should be offered to bring the unsatisfactory referee up to par.
- F. During scheduled practices insure the proper use of facilities in the East and West Boxing rooms. Coaches should be notified when they will be allowed to use the rings in the **Boxing Room. Sparring will not** be done outside of the rings. Bag gloves will not be used to spar. Coaches will be present at all times when intra-company sparring takes place.
- G. Devise a system to insure that both boxing rooms are left in an orderly fashion.
- H. Keep the intramural scoreboard in the West Boxing Room current.
- I. Coordinate with the head referee and coaches to provide practice bouts to get referees and officials prepared for the record contests.
- J. During early practices sessions, insure that all teams leave the boxing rooms on time. There should be a smooth transition from one regiment to the other.

II. PRIOR TO A RECORD CONTEST

A. Distribute enough bout entry forms to each coach for the entire season (8 should be sufficient). The forms for the early session must be completed and submitted to the CIC prior to 1555 on the day of record competition. Those for the late hour will be submitted prior to the last bout of the early session. (See Appendix B)

B. Check set up of boxing area. This includes the adequate distribution of boxing scorecards for the six officials.

C. Contact coaches the day before a record contest and make them aware of the following:

1. Time the first bout will begin (1620 hrs.)
2. Color of trunks to be worn (Black & Gold) and instruct them to pick-up equipment prior to bout.
3. Which boxing ring his team will be competing in.
4. All current changes to rules which might effect the conduct of the bout.

D. Have the bouts start at 1600 sharp. The companies boxing late should be given an approximate time to be ready. If the time is moved up or back the coaches should be notified.

E. Make head referee aware of the number of officials needed for the record contest (normally 10—3 judges, 1 referee, 1 timekeeper per ring).

6 judges 2 timekeeper/scorekeeper

2 referees

*These positions will rotate among the officials.

The head referee should draw the necessary equipment (clock, whistle, etc.)

III. DURING THE RECORD CONTEST

A. Make a safety check

1. Vaseline is being used.
2. Referees are checking headgear
3. Coaches are using the proper techniques as seconds

B. All boxers are cleared by DPE trainers to participate.

C. Evaluate the two referees working the bout in progress. On the spot critiques should be made by the CIC and head referee during the one minute in between rounds.

D. Make the decision to stop a bout if a boxer is completely outclassed or in danger of being seriously injured.

E. Have the scorekeeper collect the boxing scorecards from the referee at the end of the bout. The coach is the only individual allowed to view scorecard. This viewing must be in the presence of the CIC. Any questions that cannot be resolved by the coach and the CIC will be brought to the attention of the DPE Sport Educator.

F. Resolve on the spot protests and any questions pertaining to rules interpretations.

G. Make sure that all boxers losing a bout by TKO or KO are accompanied by a team member to the DPE Training Room to be medically evaluated.

IV. AFTER RECORD COMPETITION

A. Receive a verbal O.K. from the coaches indicating that all their boxers have been personally checked out and that there are no injuries.

B. Insure teams turn-in equipment to DPE Supply (e.g. shorts and cup)

C. Have the teams police the Gym after the final bout.

D. Insure coach updates intramural record of participation

E. Submit contest results to Intramural Office.

DUTIES OF COACH

I. General

A. Submit a tentative team list to the CIC prior to the first practice session. Before the first scheduled record contest submit a finalized team roster on the “Intramural Record of Participation” form. The CIC will keep the form for the entire season. It is the coaches responsibility to keep it current.

B. Make sure that all boxers are eligible and are medically cleared to box (Appendix B).

C. Know all rules as they appear in the “INTRAMURAL BOXING MANUAL”.

D. Insure proper use of heavy bags and supervise sparring. SPARRING WILL NOT BE DONE OUTSIDE OF THE RINGS. BAG GLOVES WILL NOT BE USED TO SPAR. COACHES WILL BE PRESENT AT ALL TIMES WHEN INTRA-COMPANY SPARRING TAKES PLACE. DPE INSTRUCTOR MUST ALSO BE PRESENT. All safety equipment (headgear etc) must be worn when sparring—even if boxers are controlled sparring drills.

E. Report all accidents related to boxing to both the CIC and DPE trainers.

F. Police the company area of responsibility after scheduled practices and record contests.

G. During practice session wear a shirt marked “COACH”. All team members must be in company jerseys during practice sessions. Sweats may be worn if so desired.

H. On days when the team practices early, make sure your team is out of the boxing rooms at the prescribed times.

I. Fill out bout entry form and submit it to the CIC prior to 1610 on the day of the record contests. If you are boxing late, submit it prior to the last bout of the early session. (See Intramural Forms Section Appendix B.)

J. Have your boxers ready to box at the time prescribed by the CIC.

K. Receive the correct colored boxing trunks along with the protective cups and headgear from the Intramural Storeroom. This equipment must be turned in prior to leaving the gym.

L. Use Vaseline for all sparring bouts and all record contests.

M. Have one other individual in the boxer’s corner to act as a second. During the conduct of the bout the coach and the second must remain off the mat.

N. After a bout the coaches should make a physical check of all team members to insure that all injuries have been reported. An oral O.K. should then be given to the CIC.

O. A boxer losing a bout by a referee stops contest (RSC) must be checked out by the DPE Trainer prior to his departure from the gym. Those knocked out should be sent to the Training Room with another team member.

P. At the termination of a bout, have boxers shake hands prior to returning to their corner to await the official's decision.

Q. The score card can be viewed by the coach in the presence of the CIC. The coach is the only individual authorized to view these cards.

R. Coaches are encouraged to stop bouts when they feel that their man has indicated an inability to properly defend himself. In order to stop a bout the coach should make a visual and oral indication to the referee. No towels should be thrown into the ring.

S. Submit all protests to the CIC as soon as possible. If the protest cannot be resolved by the CIC, the protest should be referred to the DPE Sport Educator on duty. Formal written protests will be authorized through the athletic chain of command within twenty-four hours after the completion of the contest in question. **You cannot protest a judgment call (i.e./ a decision by the judges).**

II. Prior to Record Contest

A. Submit bout entry form at the prescribed time prior to the start of the bout.

B. Insure all boxers are medically cleared for that day's bout.

C. Pick-up necessary equipment from DPE Supply (e.g. trunks and groin protectors)

D. Insure all members of the team are in correct uniform (e.g. company shirt, Gym A shorts and appropriate footwear).

E. Insure all boxers are properly warmed-up prior to their bouts.

III. During Record Contest

A. Use proper techniques as seconds/coaches between rounds.

B. Be professional in your actions while the bouts are taking place.

C. Make the decision, through the CIC, to stop the bout if your boxer is completely outclassed or in danger of being seriously injured.

D. Should a boxer be injured during his bout, provide a team member to escort the injured boxer to the training room.

E. Resolve any protests immediately with the CIC.

IV After Record Contest

A. Give a verbal O.K. to CIC that all boxers are fine or submit an accident report.

B. Insure your team leans their area prior to leaving the Gym.

C. Insure all boxing equipment has been returned to the lockers and the DPE supply room.

DUTIES OF THE OFFICIALS

I. General

- A. Become an expert on the rules and scoring procedures for boxing.
- B. A primary responsibility of all officials is to insure the safe conduct of all bouts.
- C. Assist the CIC in any way possible to insure the efficient and safe operation of boxing.
 - 1. Assist in setting up
 - 2. Assist in cleaning-up
 - 3. Assist in maintaining crowd control
- D. Arrive at all matches at the proper time in the proper uniform.

II. Prior to Record Contest

- A. Insure rings/perimeter boxing areas are set up
- B. Understand your duties for the job assigned (e.g. referee, judge or timekeeper) as prescribed in the rules section.
- C. Check with CIC ascertain any changes to the rules.
- D. Referees will check all boxers equipment prior to the start of the match.

III. During the Record Contest

- A. Referees are in-charge of the bout (see rule #9).
- B. Judges must focus on their bout only. Do not become distracted by actions in the other ring.
- C. All officials must conduct themselves in professional manner in all dealings.

IV. After the Record Contest

- A. Assist the CIC in clearing/cleaning the boxing room.
- B. Conduct a brief AAR of the procedures used for the bout.

HINTS FOR REFEREES

1. The first the most important duty of an amateur referee is to prevent either boxer from receiving unnecessary punishment. An amateur referee must immediately stop the boxing when a boxer appears unable to properly defend himself. This is a difference from professional boxing! Thus is an amateur referee also occasionally handles professional matches, he must be constantly reminded of the amateur “standing knockdown safety procedures and the amateur principle to be constantly alert to prevent an amateur boxer from receiving undue punishment.
2. Check the dress of the boxers in their respective corners. Shorts reaching half way down the thigh, USA Boxing or USABF-approved gloves and properly tied, etc. Do not let a contestant box if he wears a dressing on his scalp or face including the nose and ears. Be sure the Second is in possession of a towel and a sponge for his boxer.
3. When the boxers have been introduced to the public call them to the center of the ring and have them shake hands in a very friendly and sporting manner. It is not necessary to explain to them any of the boxing rules as they are supposed to know the rules and regulations of boxing. Your duty is to see that they stick to the rules when boxing in the ring.
4. Likewise you are expected to be aware of all the Rules and the prescribed “Fouls” so as to carry out your duties efficiently.
5. Be strict without being severe. Boxing is a sport and not a matter for life and death.
6. Forget the public; they may boo when you speak to their favorite. **The “Third Man” in the ring is the man in charge.**
7. Never try to get into the act! A good referee makes the boxers feel his presence, but the audience hardly realizes he is in the ring.
8. Rules are intended to prevent one boxer taking unfair advantage of the other. The Referee is there to see that the rules are followed. Be quick and alert to detect instantly any of the infringements.
9. When a Referee must speak, do so clearly and distinctly and keep it Short. You are not there to teach rules but to insist on their rigid observance. On your firmness and insistence will depend the standard of the contest.
10. Deal with serious offenses at the very outset with proper cautions and warnings. Your demeanor should impress on the boxers that they are not inside the ring for the purpose of fighting but for a game of skill strictly according to the rules.
11. You have the responsibility to interpret the rules of the contest for which you are officiating and to decide any question not provided in the rules.

12. Make sure that the boxers are ready, the Judges are in their seats and that no ring implements are lying on the ring platform before signaling the Time Keeper to commence the round.
13. Make sure your signal to commence the round is noticed by the Time Keeper. Immediately when the gong is sounded you are in full control of the bout and must see that the rules of boxing are strictly observed by the boxers and their Seconds.
14. Move around in the ring. Do not remain in one position. Always try to be on the “open” side of the action. Your work in the ring should create a favorable impression. The contestants do better if they feel they are in the hands of a good Referee.
15. You must decide when a boxer is incapable of continuing the bout. Do not let a bout continue if, in your opinion, the weaker boxer has no chance of winning and could be hurt.
16. Consult the trainer in attendance when in doubt regarding the capability of the boxer to continue the bout due to injury.
17. When there is a knock-out by a blow on the head, let the boxer remain comfortable on the ring floor, call the trainer, and let him decide whether the boxer should be shifted to the corner of the ring or out of the ring. Unless and until the trainer has examined the boxer do not permit anybody administer the boxer.
18. Be especially alert to detect the most common infringements such as, (a) Hitting with an open glove, (b) Holding, (c) Not stepping back on the command “Break”, etc.
19. Do not create difficulties for the Judges by allowing the infringements to pass unnoticed. A Judge may otherwise feel that he is mistaken and thereby give credit to a boxer that should have been penalized.
20. Distinguish between “Infighting” and “Clinching”. A Clinch occurs when one or both boxers lead and for a moment their arms become locked together. This is not an offense but an offense does occur when a boxer does not make an attempt to disengage from the Clinch and continues to hold.
21. Do not give the command “Break” too quickly or too often. This order should be given when the boxers are slow in getting out of a clinch. It must be noted that if one of the boxers has his hands free there is no clinch. Therefore, the command “Break” need not be given, but the bout may be stopped and the other boxer cautioned for holding. Remember that fouls should be dealt with cautions and warnings and not by always ordering “Break.”
22. A boxer’s head might touch lightly his opponent’s body in correct “infighting”, but you must see that he is not doing this to keep his balance and support himself as this would amount to “Lying-on” which is a foul.

23. At the command “Break”, insist on both the boxers taking one full step backward before resuming boxing.
24. Never pull boxers apart or step between them when breaking the clinch. They must respond to your vocal command.
25. Deal severely with the following infringements:
- (a) Unfair use of the head: Cut eyebrows are often caused by this and may result in the better boxer losing the bout.
 - (b) Low Blow: Deliberately hitting the opponent below the belt.
26. Cautions and warnings must be given clearly in such a way that the boxer understands the reason and purpose of the same. You may demonstrate by imitating the nature of the infringements. The following signs will ensure that the boxer understands the offense:
- (a) Hitting with open or inside of the glove.
Tap the palm of hand with fingers of the other hand.
 - (b) Holding: Imitate the nature of a hold.
 - (c) Dangerous use of the head: Tap the forehead and make appropriate movement of the head.
 - (d) Lying-on: Bend the body forward to clearly indicate.
 - (e) Not stepping back on the command “Break”:
Demonstrate “Stepping Back.”
 - (f) Hitting below the belt: Point to the position below the belt or move the edge of the palm of the hand along belt line and then point below it.
 - (g) Low ducking: Touch the forehand with the fingers and indicate the belt line.

APPENDIX A

Rules Section

INTRAMURAL BOXING RULES

RULE #1 ELIGIBILITY

1. Any Cadet receiving a deficient grade in 4th Class Boxing is ineligible. The final authority on all matters concerning eligibility and grades received, will be a list published by the Associate Director for Intramural Athletics with the names of all Cadet having received a deficient grad during boxing instruction.
2. Any Cadet who has not received a grade in 4th Class Boxing is ineligible. The individual in question will not be carried on the Company roster even though he is scheduled to receive grade during the Intramural boxing season.
3. Those Cadets who, in the opinion of the Director for Intramural Athletics, are no longer novices by virtue of their experience or ability may be declared ineligible.
4. All Cadets, regardless of their Corps Squad status or previous experience, are eligible for the Brigade Open Boxing Tournament.

RULE #2 WEIGHT CLASSES

1. Company Competition
145, 160, 175, 190, Heavyweight
2. Brigade Open Championships
119, 125, 132, 139, 147, 156, 165, 175, 185, 195, Heavyweight
3. No Cadet may compete in a weight class unless he weighs more than the maximum weight class below and less than the maximum for the class in which he desires to compete.
4. Weigh in will be accomplished after 1000 hours on the scales in the West Boxing Room. All boxers must make their weight class prior to the submission of Bout Entry Card. If he has not made weight by that time, he automatically forfeits the bout.
5. The coach will submit to the CIC a "Bout Entry Card" notifying the CIC of all those team members who did not did not make weight for that particular contest. All forfeits should be marked at this time on the master score card (See Appendix B for the Format of Bout Entry Card).

RULE #3 EQUIPMENT

1. For all record contests, equipment will be drawn from the intramural store room. All contestants will wear the issued boxing gloves, protective headgear-- no full-face headgear--,

handwraps, proper shoes (no running shoes) and protective cup. Prior to the issuance of equipment the CIC will determine the color of trunks to be worn by the competing teams.

2. Standard handwraps will be worn by all competitors. They will be secured by adhesive tape obtained from the DPE Training Room.
3. Prior to the bout Vaseline (at ringside) will be applied to the face.

RULE #4 ROUNDS

1. During team competition a bout will consist of three 75 second rounds each with a one minute rest period between rounds.
2. A ten second whistle will be blown prior to the beginning of every round.
3. In the Brigade Open Tournament there shall be three rounds of one and one half minutes duration during the preliminary bouts. In the semi-final and final bouts the three rounds will be two minutes in duration.

RULE #5 SECONDS

1. Each competitor is allowed his coach and one second in his corner to assist him between rounds.
2. The coach and second will remain outside the ring completely off the mat during the conduct of the round. All stools, towels, buckets and seconds will be out of the ring at the sound of the ten second whistle.
3. At no time will a towel be thrown into the ring to signify a boxer's inability to continue the bout. The coach or second will visually or orally contact the referee and signal that the bout should be discontinued.

RULE #6 OFFICIALS

1. Judges: There WILL BE three judges to render a decision at the termination of a bout. Under no circumstance will there be less than three officials judging a record contest. The referee will not act as a judge.

a. During the conduct of the bout, the judges will score the rounds in accordance with Rule #7.

b. When the bout has been completed each judge will circle the name of the winner and give the Boxing Scorecard to the referee.

2. Referee:

a. The referee will perform all the duties and functions prescribed in RULE #10.

b. At no time will the referee act as a judge for a record contest.

c. After receiving the Scorecards from the three officials the referee will call both boxers to the center of the ring and announce the winner. At this time he will give the scorecards to the CIC or his representative.

3. Timekeeper:

a. The timekeeper will be seated on a platform between the boxing rings. He will have two stop watches, a bell, and a whistle.

b. Prior to the start of every round he will blow a whistle to indicate ten seconds before the bell will ring. At this time the seconds will remove all equipment from the ring.

c. He will indicate the beginning and the end of each round by striking the bell. If the crowd is extremely noisy the timekeeper will ring the bell several times to insure that the boxers return to their corners.

d. The only time the watches will be stopped is at the direction of the referee. The referee will also indicate to the timekeeper when the watches should be started.

RULE #7 SCORING PROCEDURES

1. "20 Point Must System"

a. Twenty points WILL be awarded to the winner of the round or to each boxer if the round is even.

b. Points will be deducted using the rule of 3 legal blows constitute one point. The key is the punch differential. In essence, if fighter A lands 3 more punches than fighter B, fighter A wins that round 20-19. Points are awarded using the following table:

Number of hits:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Points awarded:	0	1	1	1	2	2	2	3	3	3	4	4	4	5	5

c. Judges will record legal blows in accordance with RULE #8. Additional points SHOULD NOT be awarded to a boxer who has knocked down his opponent.

d. If during the bout there are major or minor rule infractions, judges shall deduct points from the point total awarded to the contestants. Penalty points will be assessed in such a manner that the winner of the round will always a total of 20 points. The referee will make the decision as to the severity of the infraction and will assess either one or two points for a violations. If the judge observes a foul that goes unnoticed by the referee, he may impose a suitable penalty against the offender.

e. After the three rounds have been completed, the judges will total each boxer's score. The boxer receiving the greatest number of points is the winner and his name will be circled by the judge.

f. If in the event point totals are even at the termination of the bout, judges will indicate the winner by circling the name of the boxer who won the bout on the basis of the following points.

- (1) Who was the more effective aggressor?
- (2) If still equal, who had the best defense?
- (3) If still equal, who boxed the cleanest and exhibited outstanding sportsmanship.

g. A WINNER MUST BE NAMED.

2. The following examples will illustrate the application of methods of scoring, deduction of points for fouls and the declaration of a winner utilizing the 20 Point Must System.

Round One Red Corner hits Blue with three legal blows. Blue responds with two legal blows. Red returns four more legal blows. Blue continues with two legal blows. End of Round: Red corner is head by three legal blows and therefore the round score is Red - 20 , Blue - 19.

Round Two Blue Corner scores four solid left jabs. Red retaliates with one hard knock-down blow. After the 8 count, Red continues and connects with three legal blows. Blue responds with two jabs that don't connect. End of round: score is tied 20-20. Remember, knock-down blows only score 1/3rd of a point. The two left jabs didn't count/

Round Three Red Corner is tired and backpedals. Red scores six legal blows with his jabs while backpedaling. Blue Corner rushes Red and tries for the "bombs" and connects with three. End of Round: the score is Red -20, Blue-19. Remember, being aggressive per se, or retreating

is in-material; the criteria for scoring is “legal blows.”

RULE #8 SCORING OF PUNCHES AND BOXING TERMINOLOGY

1. Punches.

a. Each blow to have scoring value must, without being partially blocked, land directly with the knuckles part of the closed glove of either hand on any part of the front or sides of the head or body above the belt. Swings landing as above described are scoring blows.

b. The value of hits scored in a rally of infighting shall be assessed at the end of such a rally and shall be credited to the boxer who has had the better of the exchanges according to the decree of his superiority.

c. The following blows struck by a boxer are not scoring blows and do not count:

1. While infringing on any of the rules, or
2. With the side, the heel, the inside, the back of the glove, or with the open glove, with any part of the glove other than the knuckles part, or
3. Which land on the arms, the shoulders or back,
4. Which merely connect, without the weight of the body or shoulder are not scoring blows and do not count.

2. Boxing terminology:

a. Attack-successful leads or blows which are struck first not counter-punches. By direct clean blows is meant sharp blows, having the weight of the body behind them (not one that merely connects or a light tap).

b. Effective aggressor - the assumption of the offensive - one who constantly presses forward delivering blows and at the same time avoids opponent's blows (Not one who wades in aimlessly and takes two punches to get one.)

c. Counter punch - a defensive blow. A lead which connects fairly with the target should not be nullified by a counter-punch, which is a defensive blow.

d. Defense - Blocking, parrying, slipping, ducking, side stepping, swaying, bending, or turning the body to avoid a blow. These maneuvers may be regarded as "getting away" or may be termed as "evasive movements" which are made to avoid the other boxer's attack.

RULE #9 FOULS

a. The boxer who does not obey the instruction of the referee, boxes in an unsportsmanlike manner, or commits fouls can, at the discretion of the referee, be cautioned, warned or disqualified without warning. Only TWO warnings may be given to a competitor in one contest. The third offense is an automatic disqualification.

b. If the referee desires to caution a boxer during the conduct of a bout, he will, at a safe opportunity, stop the fight and explain the violation that is being committed.

c. If the referee intends to warn a boxer, he shall stop the contest, and will demonstrate the infringement. He will then print assessment for the foul. After the round has been completed he will insure that all judges have assessed the correct amount of points against the boxer who committed the foul.

d. If the referee has any reason to believe that a foul has been committed which he himself has not seen, he may consult the judges. The judges may also assess fouls not seen by the referee.

e. The following are fouls:

1. Hitting or holding below the belt, tripping, kicking and butting with foot or knee.
2. Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes.
3. Hitting with open gloves, the inside of the glove, wrist or side of the hand.
4. Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch.
5. Attack while holding the ropes or making any unfair use of the ropes.
6. Lying on, wrestling and throwing in the clinch.
7. An attack on an opponent who is down or who is in the act of rising.
8. Holding.
9. Holding, or locking, of the opponent's arm or head, or punching an arm underneath the arm of the opponent.
10. Holding and hitting or pulling and hitting.

11. Ducking below the belt of the opponent in a manner dangerous to his opponent.
12. Completely passive defense by means of double cover and intentionally failing to avoid a blow.
13. Useless, aggressive, or offensive utterances during the round.
14. Not stepping back when ordered to break.
15. Attempting to strike an opponent immediately after the referee has ordered "Break" and before taking a step back.
16. If a boxer has received a low blow, (punch below the belt line) the referee may allow a rest period not to exceed five minutes to let the boxer recuperate. If after the five minute rest period the referee makes the decision that the bout can be continued both boxers must resume boxing. If the offended boxer refuses to box, his opponent will be named winner by retirement. If the referee decides that the offended boxer is incapable of continuing, the boxer who committed the infraction will be disqualified and the offended boxer will be declared the winner.

RULE #10 REFEREE

1. The Referee is the only person who during the round may be in the ring apart from the contestants. He shall watch that all rules be obeyed during the boxing, and warn any competitor who infringes such rules, or disqualify him, in accordance with the seriousness of the infringement. The Referee shall use three words of command, namely: When stopping the boxing, "Stop"; when telling the boxers to continue, "Box"; when breaking a clinch, "Break". At the command "Break," both competitors must step back before continuing boxing.
2. The referee shall inspect the handwraps and gloves to make sure that no foreign substance has been applied to either gloves or bodies of the boxers to the detriments of an opponents.
3. The Referee shall have the power to caution or disqualify a competitor for any infringement of the rules, and stop a bout if in his opinion a man is outclassed or unfit to continue, and that man shall be deemed to have lost the bout; to stop a bout or contest if he considers the competitors are not in earnest; in this case he may disqualify one or both competitors.

4. A boxer is considered “down” if he touches the floor with any part of his body other than his feet, or if he hangs unconsciously on the ropes, or if he is knocked through the ropes or, if following a hard punch, he has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the referee, continue the bout. In the event of a competitor being down, his opponent shall retire to the furthest corner and shall not recommence boxing until told to do so by the Referee. There shall be a minimum count of eight before the contest may be resumed.

5. The compulsory eight count WILL NOT apply if a slip occurs.

6. The bout will automatically be stopped in the event that a boxer has three “eight-counts” in the same round.

7. If a boxer who been knocked down gets up before the “Ten,” but falls again without having received a fresh blow, the referee continues the counting of the seconds from where he stopped.

8. If both boxers go down at the same time, counting shall be continued as long as one of them is still down. If both boxers remain down until the “Ten”, the bout will be stopped and the decision given in accordance with the points awarded prior to the knockdown.

9. The Referee shall not allow a competitor to continue further if he remains down 10 seconds. The count of the Referee shall be as follows: One and two and three and four and five and six and seven and eight and nine and ten, with or without any hand gesture.

10. In the event a competitor is knocked out or falls from the ring, he shall be allowed ten seconds to return.

11. Referee should officiate all boxing contests in a similar manner wherever possible, refraining from using any local language other than the commands “stop”, “break”, “box”.

APPENDIX B - INTRAMURAL FORMS
INTRAMURAL RECORD OF PARTICIPATION

BOUT ENTRY CARD - INTRAMURAL BOXING

COMPANY _____ RECORD CONTEST _____ DATE _____

<u>Maximum Weight Class</u>	<u>NAME</u>	<u>CLASS</u>
145	_____	_____
160	_____	_____
175	_____	_____
190	_____	_____
HWT	_____	_____

Signature of Coach _____

Notes: 1. Coaches signature indicates all contestants have made weight after 1000 hours on the day of the bout.

2. Coaches signature indicates all contestant are medically cleared to box in this bout (i.e. not required to be re-evaluated by DPE Trainers.)

3. Boxers may not exceed the weight for the class and must weigh within ten pounds of the maximum allowable weight for each weight class (i.e./ a boxer boxing at 145 pounds must weigh between 135 and 145 pounds, inclusive).

4. Bout entry card must be submitted to the CIC not later than 10 minutes before the first bout.

5. Prepare bout entry card in 2 copies. First copy to the CIC; second copy kept by the coach.

6. A boxer who has not made weight prior to the submission of the bout entry card automatically forfeits the bout.

INTRAMURAL BOXING

Assignment of Officials

Date

Ring 1

Ring 2

Referee

Judge 1

Judge 2

Judge 3

Timer/Scorer: _____

Cadet-in-Charge

Risk Assessment/Management

The following narrative will be read to cadets on the first day of class in order to make them aware of the risks associated with the course.

Nature of the Activity

Boxing is a 19 lesson course which covers all aspects of amateur boxing and exposes students to situations in which fear and perceived dangers are present. Stance, movement, basic punches (jab, cross, hook, and upper cut), defenses, strategy, and tactics are taught. Instruction on refereeing, judging, and serving as a corner second precedes a class tournament at the end of the course. The student's grade is based on the instructor's evaluation of their performance in during graded bouts. Instructors evaluate students on stance, movement, offensive and defensive skills, strategy, and tactics.

Purpose of the Warning

The purpose of the following information is to inform the cadet of the risk of potential injury in boxing. Information, regarding proper conditioning, healthful hints, and safety are shared in hopes of creating a more productive experience. Describing all potential injuries that a cadet may sustain while participating in boxing is not conceivable, but utilizing the proper execution of fundamentals, elements of instruction, and care of equipment remains imperative for the safety and zest of those participating.

Potential Injuries

The following list represents potential injuries that may occur in boxing:

1. Cadets may experience head injuries which including: concussion, malocclusions, fractures, and broken noses.
2. Cadets may severely stretch or tear muscles and tendons in the legs, arms, back, ankles, and wrists
3. Cadets may develop blisters and sores on the feet that later may lead to infection if the correct shoes are not worn.
4. Cadets may amass injury to the mouth and teeth if mouthpieces are not worn.
5. Cadets may be injured if the gym floor is not void of dirt, gravel, and wet spots.

Conditioning

1. The individual cadet should work on flexibility, strength, and endurance daily.
2. Stretching activities for the individual should precede all boxing classes for joint flexibility and muscular elasticity. Time is not allotted in class for stretching so the cadet should stretch prior to arriving.
3. Cadets should be aware that the idea of conditioning is a continuous process. The boxing course is designed to teach specific skills not get the cadet "in shape". The cadet has the responsibility to ensure that he is appropriately conditioned.
4. Cadets should appreciate that the well-conditioned athlete will perform with fewer injuries. The more you sweat in training the less you bleed in the ring.

Healthful Hints

1. Proper warm-up will be of help in reducing muscle soreness.
2. Cadets should inform the instructor of any disability or illness and report any and all injuries.
3. Communication should be strong between all members of the team. Cadets must employ the buddy team method of monitoring each other's well being.
4. Cadets should remember that proper diet and rest is directly related to top performances.
5. Take advantage of the support system offered by the DPE training room.

Safety

Boxing is a contact combative sport which is governed by a set of strict rules. Even when the rules are strictly adhered to, the possibility of injury is present. Should you encounter any physical problems or impairments prior to class or during the course of a class, you must immediately notify the instructor or go to the DPE training room. As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. You must accept a degree of responsibility for managing the risks inherent in boxing in order to get the most out of the experience.

Do you have questions?

Risk Identification	Reduction Strategies
Concussion	EQUIPMENT = 16oz gloves, Headgear
Concussion	PROCEDURES = Controlled Sparring Matched Sparring SME Supervision
Sprained Wrist	Use of wrist wraps
Broken / Cracked Teeth	Use of mouthpiece
Hyper-extended shoulder	Thorough instruction on proper punching techniques
Debris in eye	No gloves allowed to be placed on ground, wipe gloves off immediately upon contact with ground, sweep & mop gym floor
Pulled muscle	Proper warm up
Excessive Weight Loss/Dehydration	OIC/Coach management of weight class
2 nd Concussion Syndrome	DPE Training Room visitation policy

